



PRESS RELEASE

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September 12, 2023

FOR IMMEDIATE RELEASE:

AHNA Promotes Holistic Self-Care for Nurses through One-Day Regional Conference in New Orleans, Louisiana

On October 19, 2023, the American Holistic Nurses Association will hold a Regional Conference entitled *Holistic Self-Care: Your Secret Power for Enhancing Patient Care* in New Orleans, Louisiana at the Children's Hospital State Street Conference Center, Worley Hall. Nurses will learn self-care skills they can use at home or at work, meet local holistic nurses, enjoy a healthy lunch and earn 6 CNE contact hours.

The following educational topics will be covered:

- Pleasure & Power of Essential Oils for Self-Care
- Energy Healing for Self-Care
- Movement for Better Balance, Energy & Well-Being
- Resilience & Joy in the Journey
- Mindfulness & Self-Compassion



The conference starts at 9 AM and ends at 5 PM. Registration is \$90 and includes lunch and 6 CNEs. Registration fees increase to \$105 after Thursday, October 12, 2023. The conference will be held at the State Street Conference Center, Worley Hall, 210 State Street, New Orleans, Louisiana 70118. To register for the conference, visit <http://www.ahna.org/Regionals>.



The American Holistic Nurses Association's Education Provider Committee is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Provider approved by the California Board of Registered Nursing, Provider #1044.

About the Keynote Speaker

The Keynote speaker will be AHNA Board Member Maggie O'Brien King, PhD, RN-BC, AHN-BC, CNL, HSG, AHN, presenting on the topic, *Holistic Self-Care: Your Secret Power for Enhancing Patient Care*.

Margaret (Maggie) O'Brien King is currently Professor Emerita and Former Associate Director of the BSN Program, at Xavier University, Cincinnati, OH. She was responsible for the development of a nursing curriculum incorporating the Scope and Standards of Holistic Nursing, after which Xavier was recognized by AHNCC as one of two initial schools offering a nursing curriculum that would empower students to obtain Holistic Nurse Certification after graduation and licensure. Recognizing Maggie's passion and expertise with holistic nursing, AHNA asked her to prepare a 60-minute and a 120-minute power point,

discussing holistic nursing to be distributed to all schools of nursing throughout the USA. Maggie has been a Sharing Circle Facilitator at AHNA's Annual Conferences and served as the CoLead Facilitator for the Sharing Circles. Maggie was awarded for her work by Global Academy of Holistic Nursing as an Honorary Scholar (HSGAHN), and AHNA as the Lifetime Achievement Award Recipient. Having published and reviewed numerous manuscripts related to holistic nursing, leadership, gerontology, and education. She was appointed an Associate Editor for the Journal of Holistic Nursing (JHN).



About AHNA

The American Holistic Nurses Association (AHNA) is a non-profit specialty nursing professional membership organization that serves as the definitive voice for registered nurses who practice holistic nursing.

Founded in 1981, AHNA's primary mission is to advance holistic nursing through Practice, Community Building, Advocacy, Research and Education. The association is dedicated to the continued development of evidence-based holistic research, self-care methods for nurses and non-pharmacological pain management. AHNA offers networking opportunities to its members along with continuing nursing education through webinars, self-study programs, publications, conferences, and scholarship and grant opportunities.

AHNA currently services more than 5,300 members through 122 local chapters in the U.S. and abroad. Holistic nursing is recognized by the American Nurses Association as an official nursing specialty with a defined scope and standards of practice.

For additional information, contact:

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